

Highlights:

- Half of the 900,000 pregnancies in California each year are unintended, and one-fourth result in abortion.
- In California, 2.2 million women of reproductive age, including 500,000 teenagers, are in need of publicly-funded contraceptive services.
- California's Family PACT Program offers clinical services for family planning reproductive health at no cost to low-income residents.
- More than 1.2 million women and men use Family PACT services each year.
- All temporary and permanent contraceptive methods are available through Family PACT.

Fact Sheet On

Family Planning Methods and Services

Background

Half of the 900,000 pregnancies in California each year are unintended and more than a quarter end in abortion.¹ Many of these pregnancies occur to low-income residents who face significant financial barriers to obtaining contraceptive services. In California:

- 25% of women aged 15-44 do not have private health insurance or Medi-Cal.
- 2.2 million women – including 500,000 teenagers – are in need of publicly-funded contraceptive services.

Established in 1997, Family PACT is California's innovative response to this need. The goals of this new public health program are to promote optimal reproductive health and to reduce unplanned pregnancy by eliminating the barriers to services that many women and men face.

Family PACT Program

California's Family PACT Program provides clinical services for family planning reproductive health at no cost to low-income residents, filling a critical gap in health care for the indigent, uninsured, and working poor. Women and men are eligible if they reside in California, are at risk of pregnancy or causing pregnancy, have a gross family income at or below 200% of the Federal Poverty Level, and have no other source of health care coverage for family planning services. The Family PACT Program is administered by the Department of Health Services, Office of Family Planning.

Clinical and Preventive Services

Family PACT offers a wide range of clinical and preventive reproductive health services, in conjunction with individual client health education and counseling. Family PACT services include:

- Contraceptive methods & supplies
- Pregnancy testing with counseling
- Testing & treatment for sexually transmitted infections (STIs)
- HIV screening
- Education & counseling for all method options
- Periodic physical exam
- Preconception counseling
- Hormonal contraception without a required pelvic exam
- Breast & prostate cancer screening & self examination instruction
- Cervical cancer screening
- Limited infertility services
- Referrals for services not covered by the program

Contraceptive Methods

Family PACT offers all temporary and permanent methods of contraception, including:

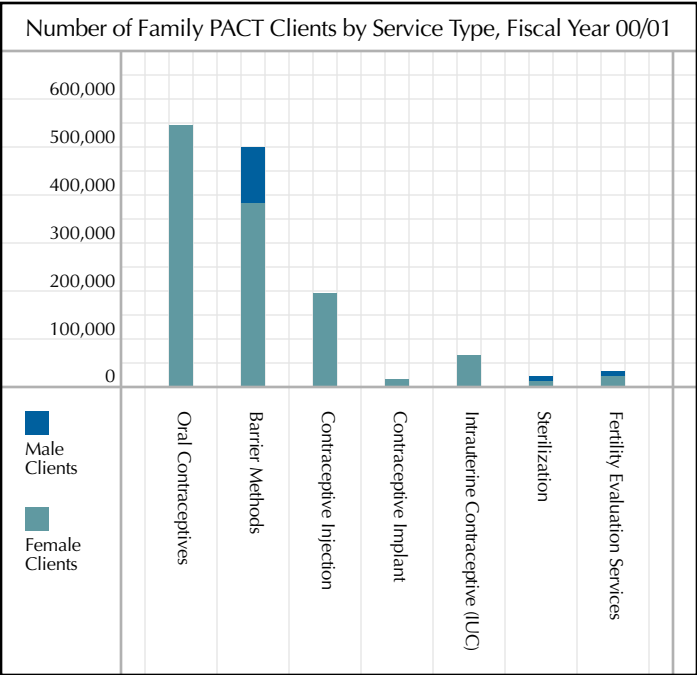
- Oral contraceptives
- Condoms
- Contraceptive injections
- Contraceptive implants
- Intrauterine contraception
- Emergency contraception
- Vaginal ring
- Diaphragm
- Cervical cap
- Spermicides
- Fertility awareness methods
- Lactational amenorrhea method
- Male and female sterilization
- Transdermal patch

The number of women and men receiving publicly-funded family planning methods and services in California has more than doubled under Family PACT. In fiscal year 00/01, 1.27 million clients were served by Family PACT compared to 525,000 in fiscal year 95/96 under the previous State program.²

Family PACT clients utilized a wide range of services in fiscal year 00/01:

- 72% of clients obtained contraceptive methods.
- 61% of clients were tested for sexually transmitted infections (STIs).
- 55% of female clients obtained a pregnancy test, and 53% obtained a Pap smear.

Most Family PACT clients seek services related to oral contraceptives or barrier methods, such as condoms.



Program Impact

- **Family PACT is reducing the unmet need for contraceptive services.** Of the estimated 1.57 million women in need of Family PACT contraceptive services in fiscal year 00/01, 63% were served, leaving 37% with unmet need.² This is a dramatic improvement from the estimated 70% of women who had unmet need for contraceptive services in fiscal year 95/96.
- **Clients are satisfied with services.** In exit interviews with Family PACT clients, more than 90% were satisfied with the availability of contraceptive options, the medical services they received, and the assurance of confidentiality.²

- **Clients adopt more effective methods of contraception.** A review of medical records found that while nearly one-third of new clients were not using any contraception or were using a low efficacy method prior to their first Family PACT visit, 95% left with a highly effective method.²
- **Family PACT is preventing unintended pregnancy.** The contraceptive services provided in the program’s first year averted an estimated 108,000 unintended pregnancies.² These pregnancies would have resulted in 50,000 unintended births, 41,000 induced abortions, 15,000 miscarriages, and 1,400 ectopic pregnancies.
- **Family PACT is cost-effective.** The estimated 108,000 pregnancies averted in the program’s first year would have cost over \$512 million in public expenditures.² Conservative calculations estimate that every dollar spent on Family PACT services generated savings of \$4.48 in medical and social service costs through the prevention of unintended pregnancies.

Ninety percent of service costs are reimbursed through a five-year federal Medicaid Demonstration Project waiver approved in 1999.

Conclusion

Over two million women of reproductive age in California – including one-half million teenagers – are in need of publicly-funded contraceptive services. California’s Family PACT Program has made significant progress in meeting this need and in reducing unintended pregnancies. This new public health program provides low-income women and men with access to confidential family planning reproductive health services at no cost, filling a critical gap in health care for under-insured and uninsured Californians. Expenditures on Family PACT services are cost effective, with each dollar spent resulting in savings of over \$4 in pregnancy and newborn-related services. Assuring that high-quality Family PACT services are available to meet the needs of low-income residents represents an important investment in California’s future.

This information was compiled by the University of California, San Francisco, Center for Reproductive Health Research & Policy under contract #00-90982 with the California Department of Health Services – Office of Family Planning.

¹ The Alan Guttmacher Institute. Contraception counts: California. 2002. Available at: http://www.guttmacher.org/pubs/state_data/states/california.html. Accessed August 26, 2002.
² Family PACT data presented in this fact sheet are drawn from Family PACT enrollment and claims data, and the Family PACT Program Evaluation Report. Unpublished report 2000.